

Please accept my application to the Future Fast Pitch Stars summer camp. I understand that my application will be accepted on a first come first serve basis.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ St: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone (H): \_\_\_\_\_ (W): \_\_\_\_\_

Cell: \_\_\_\_\_

Email: \_\_\_\_\_

Parents Names: \_\_\_\_\_

Allergies: \_\_\_\_\_

Organization(s) played for: \_\_\_\_\_

Age: \_\_\_\_ School and grade: \_\_\_\_\_

T-Shirt Size:    YM    AS    AM    AL

Positions played: \_\_\_\_\_

Send check (\$95 per player payable to Ed Stinner) with this completed application to:

**Free t-shirt if registered by July 1<sup>st</sup>, 2009**

Tony Grundhauser  
850 Reveres Way  
Easton, PA 18040

## CAMP GOALS

To teach the girls the proper fundamental techniques needed to improve each player's on field performance.

## AREAS TO BE COVERED WILL INCLUDE:

1. Overhand throwing mechanics
2. Fielding techniques for all positions including pitcher and catcher
3. Proper hitting mechanics
4. Bunting
5. Base running
6. Sliding
7. Pitching each day

## AIMING FOR AN 8 TO 1 RATIO BETWEEN PLAYERS AND COACHES

# Future Fast Pitch Stars

**Summer Softball Camp  
(ASA Sponsored)  
July 13-16 Forks Twp Fields  
8:30 – 12:30 each day  
Cost \$95/Player Ages 8-15**

**Free t-shirt if registered by July 1<sup>st</sup>, 2009**



## TYPICAL CAMP DAY

8:00 – Early Arrival

8:30 – Warm Up

8:45 – Individual Skill work

- Pitchers
- Catchers
- Corner infielders
- Middle infielders
- Outfielders

9:30 – Group work

- Pitchers/Catchers
- Infielders
- Outfielders

10:15 – Break

10:30 – Team work

11:15 – Hitting

- 7 – 8 hitting stations
- Tee work
- Soft toss
- Pitching machine
- Live Pitching

12:00 – Live scrimmage

## CAMP DETAILS:

Date: July 13<sup>th</sup> – 16<sup>th</sup>

Location: Forks Community Center Fields

Time: 8:30 – 12:30

Cost: \$95 per player

For: Ages 8 - 15

What to Bring:

- Glove
- Bat
- Cleats
- Catchers bring catching equip
- Water Bottle
- Snack

Cost: \$95 per player

Each participant is fully insured through ASA

Any questions contact Ed Stinner @ 610-395-3555

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## TRAINING STAFF:

Ed Stinner

- 18 years head varsity coach at Allen HS
- ASA State Instructor
- Summer League coach for 25 years
- Worked various college camps (Lehigh, Kutztown, Temple and Central Florida
- Private Instructor
- Comprehensive in teaching fundamentals
- Camp Olympic Softball Camp

Brent Windsor (Pitching)

- 30 years fast pitch softball experience
- 7 years varsity assistant coach at Allen HS
- 1 state championship.
- 9 years Parkland assistant pitching coach including 2 state championships
- Private pitching instructor

Ron Perio (Hitting)

- Hitting coach Saucon Valley HS
- Head coach Lehigh Valley Legends
- Hitting coach New Jersey Intensity
- Private hitting instructor

Tony Grundhauser (Infield/Outfield)

- 4 years assistant coach Easton HS
- 4 years assistant coach with LV Blaze